



August 2022 to November 2022

Please Note – Menu items are subject to change without notice due to availability

MOWSF provides 1 serving of Beverage Mix, Milk and 2 Fruits Daily. Condiments & Juices are not listed

415-920-1111 | MOWSF.ORG

Frozen Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aug 14, Sep 18, Oct	Aug 15, Sep 19, Oct 24	Aug 16, Sep 20, Oct 25	Aug 17, Sep 21, Oct 26	Aug 18, Sep 22, Oct 27	Aug 19, Sep 23, Oct 28	Aug 20, Sep 24, Oct 29
<p>Cheese Ravioli with Marinara Sauce and Meatballs with Italian Vegetables, and a Greek Yogurt</p> <p>Local Pasture Raised Pork with Ginger Scallion Sauce and White Rice, Spinach and Mixed Vegetables</p>	<p>Chicken Mole with Spanish Rice, Kale, Black Beans and Sour Cream</p> <p>Pepper & Cheddar Cheese Omelette, Skillet Brownd Potatoes, Garden Vegetables</p>	<p>Chicken Parmesan with Marinara Sauce, Radiatore Pasta, Italian Vegetables and Brussels Sprouts</p> <p>Butternut Squash Soup, Broccoli Edamame Salad and a Cottage Cheese</p>	<p>Scrambled Egg & Cheese Omelette with Enchilada Sauce, Skillet Brownd Potatoes and Mixed Seasonal Vegetables</p> <p>Masala Curried Beef with Rice Pilaf, Collard Greens and Sunshine Carrots</p>	<p>Breaded Fish Filet with Mashed Potatoes, Minted Peas and Tartar Sauce</p> <p>Sherry Lynn's Chicken Black Bean Soup with Cheddar Cheese and Santa Fe Salad</p>	<p>Pasture Raised Pork Jambalaya on Spanish Rice with Collard Greens and a Corn Muffin</p> <p>Southwest Vegetarian Chili with Cheddar Cheese on Brown Rice and Spinach</p>	<p>Thai Curried Chicken on Brown Rice with Kale and Far East Vegetables</p> <p>'Stir Fry' Marin Beef and Broccoli with Crimini Mushrooms on Jasmine Rice, and a Pudding **</p>
Aug 21, Sep 25, Oct 30	Aug 22, Sep 26, Oct 31	Aug 23, Sep 27, Nov 1	Aug 24, Sep 28, Nov 2	Aug 25, Sep 29, Nov 3	Aug 26, Sep 30, Nov 4	Aug 27, Oct 1, Nov 5
<p>Vegetarian 'Beef' Tagine on Moroccan Couscous with Peas & Carrots</p> <p>Barbequed Locally Raised Pork with Sweet Potatoes, Seasonal Vegetables and a Corn Muffin</p>	<p>Breaded Chicken breast with Roasted Garlic Cream Sauce on Kale and Farro with Seasonal Vegetables</p> <p>Scrambled Egg Omelette with Turkey Sausage and Mixed Vegetables</p>	<p>Chicken Enchilada with Sour Cream and Fajita Mixed Vegetables</p> <p>Broccoli Cheese Soup, Side Salad and Banana Muffin</p>	<p>Scrambled Egg and Bacon Omelette with Roasted Potatoes and Garden Vegetables</p> <p>Chicken Florentine on Radiatore Pasta with Brussels Sprouts and Zucchini, and a Greek Yogurt</p>	<p>Chili Colorado made with Pasture Raised Beef served with Spanish Rice, Refried Beans, Sunshine Carrots and Sour Cream</p> <p>Home Style Chicken Noodle Soup and Capri Vegetables</p>	<p>Baked Cod with Dill Sauce served on Quinoa and Collard Greens with Garden Vegetables and a Muffin</p> <p>Pork Stroganoff with Rigatoni Pasta, Italian Vegetables and Kale</p>	<p>Teriyaki Chicken with Brown Rice, Spinach and Eastern Mixed Vegetables</p> <p>Salisbury Steak with Onion Mushroom Gravy, Mashed Potatoes and Brussel Sprouts</p>
Aug 28, Oct 2, Nov 6	Aug 29, Oct 3, Nov 7	Aug 30, Oct 4, Nov 8	Aug 31, Oct 5, Nov 9	Sep 1, Oct 6, Nov 10	Sep 2, Oct 7, Nov 11	Sep 3, Oct 8, Nov 12
<p>Shrimp and Chicken Fried Rice with West Coast Vegetables</p> <p>Minestrone Soup with Marin Beef and Ditalini Pasta</p>	<p>Japanese Curried Chicken and Vegetables with White Rice and Brussels Sprouts, and a Greek Yogurt</p> <p>Oatmeal with Fruit Compote, Scrambled Eggs & Turkey Sausage and Garden Vegetable Salad</p>	<p>Chilaquiles with Tortilla Chips, Chicken and Garden Vegetables Smothered in Enchilada Sauce</p> <p>Locally Raised Pork served with Chile Verde, White Rice, Black Beans, Spinach and Baja Vegetables, garnish with Sour Cream</p>	<p>Mushroom and Cheese Omelette with Turkey Sausage, Roasted Potatoes and Fajita Vegetables</p> <p>Shepherd's Pie Made with Local Beef, Mashed Potatoes and Covered with Mushroom Gravy, Capri Vegetables, Pudding**</p>	<p>Potato Crusted Fish Filet with Roasted Garlic Cream on Rice Pilaf Green Beans and Mixed Vegetables</p> <p>Curried Carrot Soup with Bacon Crumbles and Three Bean Salad</p>	<p>Locally Raised Beef and White Bean Ragu with Carrots and Kale</p> <p>Chicken Marinara on Bow Tie Pasta with Italian Vegetables and Brussels Sprouts</p>	<p>Marin Pork with Dijon Mustard Sauce, Roasted Potatoes, Spinach & Capri Vegetables</p> <p>Hungarian Beef Goulash with Spaetzle and Collard Greens</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sep 4, Oct 9, Nov 13	Sep 5, Oct 10, Nov 14	Sep 6, Oct 11, Nov 15	Sep 7, Oct 12, Nov 16	Sep 8, Oct 13, Nov 17	Sep 9, Oct 14, Nov 18	Sep 10, Oct 15, Nov 19
<p>Creamy Shrimp Alfredo with Parmesan Cheese on Penne Pasta with Broccoli</p> <p>Chicken Chow Mein with Spinach and Eastern Mixed Vegetables</p>	<p>Local Beef and Garden Vegetable Stew with West Coast Vegetables, Collard Greens and a Dinner Roll</p> <p>French Toast with Fruit Compote and Scrambled Eggs</p>	<p>Chicken Adobo on Egg Noodles with Garden Vegetables and Brussels Sprouts</p> <p>Cod Creole with Farro and Broccoli Florets, Corn Muffin</p>	<p>Omelette with Bacon, Sweet Potatoes and Winter Vegetables</p> <p>Chicken and Vegetable Gumbo on Brown Rice with Collard Greens and Garden Vegetables, Cottage Cheese</p>	<p>Meatloaf with Onion Mushroom Gravy, Mashed Potatoes, Carrots and Broccoli</p> <p>Creamy Potato Soup with Chicken, Collard Greens and Cheddar Cheese, Three Bean Salad</p>	<p>Macaroni and Cheese with Spinach and Country Vegetables</p> <p>Locally Raised Beef with Burgundy Sauce on Mashed Potatoes Broccoli Cauliflower Salad and a Greek Yogurt</p>	<p>Baked Cod with Tuscan Vegetable Vinaigrette, Yellow Corn Polenta, Capri Vegetables and Kale, Pudding**</p> <p>Cheese Tortellini and Meatballs with Pesto Sauce and Italian Vegetables</p>
Sep 11, Oct 16, Nov 20	Sep 12, Oct 17, Nov 21	Sep 13, Oct 18, Nov 22	Sep 14, Oct 19, Nov 23	Sep 15, Oct 20, Nov 24	Sep 16, Oct 21, Nov 25	Sep 17, Oct 22, Nov 26
<p>Southwest Chicken with Rice, Refried Beans, Fajita Vegetables and Sour Cream</p> <p>Soy & Citrus Glazed Pasture Raised Pork with Cilantro Brown Rice and West Coast Vegetables</p>	<p>Chicken with Moroccan Spiced Spinach & Lentils on Rice Pilaf, and a Greek Yogurt</p> <p>Cheddar Cheese Omelette with Hashed Brown Potatoes and Country Vegetables</p>	<p>Salmon with Lemon Caper Sauce, Quinoa, Collard Greens and Tuscan Vegetables</p> <p>Cream of Chicken and Mushroom Soup, Edamame Carrot Salad</p>	<p>Scrambled Eggs with Cheddar Cheese, Roasted Potatoes, Garden Vegetables and a Muffin</p> <p>Beef Teriyaki with Egg Noodles, Broccoli and Country Vegetables</p>	<p>Savory Tomato Pork on Brown Rice with Spinach and Country Vegetables</p> <p>New England Clam Chowder with Oyster Crackers and a Side Salad</p>	<p>Ratatouille with Shrimp, Chicken and White Beans, Greek Yogurt</p> <p>Roast Chicken with Savory Gravy, Mashed Potatoes and Santa Fe Vegetables</p>	<p>Mandarin Orange Chicken with Chow Mein Noodles, Spinach and Eastern Mixed Vegetables</p> <p>Beef Marsala with Green Pea Pilaf and Sunshine Carrots</p>

Would you like to speak to a registered dietitian nutritionist?

Our registered dietitians are food and nutrition experts and would be happy to discuss how food can improve your health and well-being.

Our dietitians Nancy, Charles, and Carolyn are available Monday to Friday from 9:00AM to 4:00PM. Call them at 415-920-1111.

Information on the Daily Beverage Mix Packet:

Did you know the white drink packet with your meals contains vitamins and minerals?

This sugar-free powdered drink mix contains the following % Daily Value:

- 25% Calcium, 100% Vitamin C, 35% Vitamin B12, 23% Vitamin D3, 50% Vitamin E



Clients on a Dental Soft Diet will receive chopped, diced, or strips of meat and soft fruits or fruit cups in place of whole proteins and whole fruits. This diet also meets the standards of a Low Sodium/Diabetic Diet.

Our menu meets 2/3 dietary reference intake DRI for all target nutrients except for Magnesium and Potassium. MOWSF dietitians will provide nutrition education handout to ensure you are meeting your daily Magnesium and Potassium needs. MOWSF would like to thank the Department of Disability and Aging Service of the City and County of San Francisco for their generous support of our program.

*Diabetic/Low Sodium Diet – Low Sodium

** Diabetic/Low Sodium Diet – Sugar Free